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Perception of Self-Existence Towards Fear of Missing Out (FOMO) on Social Media by Freshmen at the University State of Malang

Almira Faizah*, Liani Purnama, M. Yusuf Romadhon, and Mutia Husna Avezahra

Psychology, Universitas Negeri Malang, Malang, Indonesia

Abstract.

This qualitative research aimed to find the perception of the self-existence of new students at the State University of Malang towards the fear of missing out (FOMO). Today, almost all people use social media to connect with others or do other activities. FOMO is a worry or fear arising from missing something new or trending. Therefore, people always want to connect with others to avoid missing out. This research used a phenomenological approach with interviews as a data collection and purposive sampling techniques. Participants in this research were three freshmen at the Universitas Negeri Malang. The study's results indicated that participants wanted to follow their own trends and criteria in posting content material on social media. The criteria consisted of peak attention to the time of uploading content, the quality of content material relating to self-awareness and maturity, and the influence of other people in creating content material. In conclusion, people have a perception of self-existence to people around them in order to get more attention and personal pleasure through social media.

Keywords: Self Existence, Fear of Missing Out, Social Media

Corresponding Author: Almira Faizah; email: almira.faizah.2008116@ students.um.ac.id

1. Introduction

As we enter our increasingly sophisticated contemporary day, modern technology makes it simpler for people to perform their jobs and be productive. Nearly all generations, notably Generation Z, frequently access social media from their own cell phones, especially in this era of digitization. One of the most well-liked new media among teenagers is social media. In January 2022, there were 277.7 million people living in Indonesia, with 50.3% of men and 49.7% of women [1]. 204.7 million people in Indonesia's population utilize the internet and social media, including Facebook, Instagram, Youtube, Tiktok, and other platforms. According to this statistic, the number of users of digital development in the 18 to 24 age range will increase by 21 million

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users, or about 12.6%, between 2021 and 2022. According to the aforementioned data, the most active users are of a younger demographic on average [1]. When one is young, they have a strong feeling of curiosity. Teenagers are encouraged to practice in order to realize their objectives as a result [2]. This relates to kids' need to find their identity or sense of self, which is crucial because when they do, they will feel acknowledged, especially on social media. However, even the younger generation struggles to meet its own demands due to their incapacity to adjust to this entirely digital environment, which results in the usage of the incorrect targets. based on information about students accepted to Malang State University. This study therefore focused on the younger generation of freshmans Malang State University who are engaged on social media.

According to Boss and Binswanger's theory of existential psychology [3], existence is the result of a person's continued connection to the world and their ability to authenticate their own identity. According to Schultz [4], there are certain characteristics of people who have a strong sense of self: a) The ability to understand one's own kekuatan and self-empowerment is known as the kesadaran diri. b) Self-acceptance is the ability of an individual to see the positive side of any given situation. c) The concept of focus refers to how a person directs their attention on the people who are nearby. d) Discussion of the crucial peran that needs to be taken care of right now. According to Frankl's theory of existential psychology, those who successfully achieve their own existence will have different psychological characteristics from those who do not [5]. This indicates that each person's existence in their own right will change when they interact with another individual, resulting in the development of new pribadian in their own right.

FOMO (Fear of Missing Out) is defined by Przybylski, Murayama, Dehaan, and Gladwell [6] as a feeling of unease that occurs when another person has a situation that is more expensive/expensive and requires them to constantly be in contact with others. Every person feels the need to spend endless hours online and inextricably pursue relationships with other people as a result of FOMO [7]. This was stated by [8], who noted that there will be a growing amount of inter-human need and a growing amount of FOMO among users of social media. According to Festinger [9], people have a need to compare their abilities to those of other people. This desire encourages internet users to identify themselves.

Festinger [10] drew on social network theory to illustrate how the need for self-evaluation in interpersonal interactions leads to salient pengaruh and persaingan processes. As a result, people compare themselves to other people. With the advancement of information technology, FOMO is becoming more and more prevalent. Approximately 70% of people in their 20s experience anxiety [11], and according to [12], the majority of

adults who use social media experience FOMO. Wortham [13] argues that FOMO can occur in any media where someone can be exposed to information about the lives of their friends, family members, or other foreigners. This communication system includes email, pemberitahuan cuti tahunan, photos, and surat kabar [13]. The higher the level of FOMO experienced by students, the more likely they are to experience social media addict [14]. Due of this, individuals experiencing FOMO are increasingly more likely to publicize their experiences on social media.

2. Literature Review

3. Method

Phenomenology is the method of inquiry that we employ. A person's awareness or perception of a phenomenon can be described using an approach model in phenomenology. The phenomenological approach can also be understood as a method for exploring a phenomenon using a theory by elaborating on research findings. The phenomenological approach, according to Connole [20], is research on the interpretations people make of phenomena. Respondents are participants in qualitative research who are asked to offer data or responses pertinent to the study under investigation.

The following categories are chosen by researchers to group respondents in this study: a) Freshmans at State University of Malang in 2022. b) Students who frequently use Facebook, Instagram, and Tiktok. These standards were chosen since Malang State University's incoming freshmen are from the younger generation and are frequent social media users. Teenagers and members of the younger generation tend to have intense curiosity. This relates to the quest for identification or self-existence, which is crucial for adolescents since it gives them a sense of validation, particularly on social media.

4. Results and Discussion

There is a self-existence that develops from within the individual in human life. According to Schultz [4], people with a sense of self-existence have the following traits: a) Self-awareness, or the capacity to identify one's own advantages and disadvantages. b) Confidence, or people's capacity to see the bright side of a situation. c) Self-esteem, specifically how they prioritize the clients they are serving. d) He must quickly become aware of the significance of the role he is playing. This is what gives rise to human self-existence and, thus, FOMO (Fear of Missing Out) behavior. The three distinct phases

TABLE 1

No.	Title & Citation	Point-Point Result	Reflective Note
1.	Media Sebagai Media Eksistensi Diri [4]	With the knowledge that many social media users themselves like the content, self-existence of users of social media has risen followers. Social media by itself can improve self-existence. Here are some examples: becoming an influencer who is offered a product's endorsement	When used well, social media users can have a positive impact on how they perceive themselves and their world.
2.	Pengaruh penggunaan instagram terhadap eksistensi diri remaja (studi pada mahasiswa di lingkungan FISIP UNILA) [15]	Initially, just a few teenagers utilized Instagram, but as the use of social media in friendship has grown, so too has people's desire to use it for self-expression. The impact of Instagram causes significant life changes. This is due to characteristics like followers, following, tags, and likes that can improve one's existence as an individual	Instagram has a significant impact on how teenagers create their sense of self and how they interact with others. Adolescents who use Instagram on social media may do so out of FOMO (fear of missing out).
No.	Title & Citation	Point-Point Result	Reflective Note
3.	Hubungan antara eksistensi diri dengan pengungkapan diri melalui media sosial instagram pada mahasiswa Fakultas Psikologi Universitas Islam Sultan Agung. [16]	Self-existence and self-disclosure via Instagram social media are positively correlated. Therefore, the more self-existence pupils have, the more self-disclosure they engage in on the social media platform Instagram.	Self-disclosure may be impacted by one's existence on Instagram and other social media platforms
4.	Hubungan antara eksistensi diri dan kepercayaan diri dengan integritas penggunaan media sosial instagram [17]	There is a close relationship between self-existence and self-confidence with the intensity of using Instagram social media in psychology students at the Muhammadiyah University of Surakarta class of 2019 This shows that the higher a person's self-confidence, the higher the use of Instagram social media	Instagram social media is closely related to a person's high level of self-confidence in that individual.
5.	Social Media and the Fear of Missing Out: Scale Development and Assessment [11]	Social media usage on a regular basis is now very common. The needs of social media users and the ongoing fear of missing out have an impact on how the millennial generation understands decision-making and makes poor decisions because they are concerned about missing out on possibilities.	Belief in Missing Please limit or restrict the millennial generation's frequent usage of social media to prevent them from being careless and prone to making poor decisions.

of FOMO (Fear of Missing Out) behavior while using social media, according to the researchers, are (a) the phase prior to publishing material, (b) the phase during posting content, and (c) the phase following content uploading.

TABLE 1

No.	Title & Citation	Point-Point Result	Reflective Note
6.	Hubungan antara *Fear of Missing Out* dengan kecanduan media sosial pada remaja pengguna media sosial. [14]	Connection Facebook causes a lot of adolescent social media addiction because of the fear of missing out. Reducing the usage of social media among SMAN 14 Tangerang Regency students' suggestions for teachers and other relevant authorities	Reducing the usage of social media among SMAN 14 Tangerang Regency students' suggestions for teachers and other relevant authorities
7.	Hubungan antara regulasi diri dengan *Fear of Missing Out* pada mahasiswa tahun pertama Fakultas Psikologi Universitas Diponegoro [18]	The association between self-regulation and FOMO among first-year psychology students at Diponegoro University in Semarang shows that the higher the level of self-regulation, the less FOMO the students possess.	Setting levels for self-regulationOrganizing FOMO in accordance with personal conscience
8.	Depression, anxiety, and fear of missing out as correlates of social, non social and problematic smartphone use [19]	Smartphone use by nervous people that isn't social as a potential avoidance tactic FOMO preys on those who want to be social but also feel uneasy around other people.	Use your smartphone as a method to steer clear of worried people. Additionally, FOMO is a factor for people who desire social interaction but experience social anxiety or FOMO (fear of missing out)

The first phase demonstrates how people frequently have a self-awareness of the value of being active on social media, so they forget to update information when playing social media so as to not miss any information, and the second phase demonstrates how people frequently have a self-awareness of wanting to follow trends on social media. Following the fad and sharing it on social media, it turns out that the content is well-liked, which causes happiness. People have standards for publishing on social media while making their own content, such as not looking obese and not looking odd. Additionally, the greatest time to share information on social media is when you think it will garner the most attention from users, giving you the satisfaction of starting a trend on social media. After posting content, we are in the third phase. During this stage, people who submit content on social media will encounter both favorable and negative feedback from online users. This is because people will pay greater attention to a negative remark if you receive it from online users. However, each person has their own style of uploading content on social media, which is to be more mature and self-aware when doing so in order to reduce negative feedback from online users. After publishing a post on social media, the user should archive it if necessary because social media posts have a short lifespan.

ICoPsy

4.1. Self-Existence: Self-Awareness

Participant 1 (P1) thinks of himself as someone who constantly keeps up with the newest news and fashions. As a result, P1 occasionally uses social media at the improper time, such as while playing social media during class or for an extended period of time when he has spare time.

"I believe that free time is later in the day, therefore it is between hours. Class ends between 10 and 4 o'clock, I believe. That occurs more regularly. (W1.P1.7NOV22.60)

"Yes, that occurs frequently, especially in philosophy courses. It is because the lecturer is accustomed to it, right? It's a bit monotonous. However, open Instagram because Tik-Tok has that sound. (W1.P1.7NOV22.66)

When using social media, Participant 2 (P2) sees himself as someone who is more deliberate when sharing stuff online and has certain objectives. Additionally, due to the surroundings, P2 is not now using social media as frequently as before. P2 is also pleased when social media posts receive a large number of likes.

"As for me, I tell my Jakartan friends what I do." (W1.P2.24november22.033)

So, you're boarding me here, correct? I never stayed in Jakarta like that before. I therefore wish to explain what I'm doing in this place. (W1.P2.24november22.035)

"I play social media every day because I'm on a gap year, so it's pretty frequent, but it's also uncommon for uploads, like just playing with friends or hanging out. Instead, I usually share stories on Instagram." (W1.P2.24november22.047)

"Actually, for women, in my opinion, if for example, there are people who like a lot, it's like that." (W1.P2.24november22.049)

Participant 3 (P3) believed that because his parents continued to keep an eye on him, he could not freely utilize social media. P3 used various platforms or profiles to play social media so that his parents wouldn't know and he could play without restriction.

On the other hand, this P3 wants to always be noticed by those around him since graduating from high school, and he is glad about this P3 person if he receives likes on posts.

My mother once forbade it, sis. Because Instagram is so awful, I hardly ever post there. My mother is a frequent user of social media. He is aware of what I do, so since my mother doesn't use Tiktok, you know, I don't upload there very often. My second account follows. (W1.P3.25nov22.050)

But ever since I graduated from high school, I've desired attention and that kind of gaze from others. I would therefore feel that way right now, sis, if many people saw me and liked my posts. (W1.P3.25nov22.054).

4.2. Self Existence: Confidence

Participant 1 (P1) experiences typical emotions after sharing content on social media, and P1 wants to set a goal for the future to contribute content that will be helpful to both locals and online users. while P1 received criticism from internet users, P1 responded in an uninformed manner, using the criticism as his or her compass while posting on social media.

Oh, that's common. (W1.P1.7NOV22.108)

I don't know if I posted it or not, but that's all. However, my pal no longer wants to shoot videos with me after yesterday's viral success. (W1.P1.7NOV22.114)

"Yes, there is a purpose for the upload, like it has something to do with education. However, I haven't yet got the opportunity because I'm too lazy to do it. (W1.P1.7NOV22.118)

Yes, it's acceptable because I am a fool, I say. (W1.P1.7NOV22.128)

"Indonesian internet users frequently enjoy using sarcasm. That's beneficial as well, but typically it's more detrimental because some people lack control over it. (W1.P1.7NOV22.140)

Participant 2 (P2) felt uncertain and uncertain about posting content on social media. to receive unfavorable feedback from internet users Although P2 has not yet encountered it, P1 already has a strategy in place for dealing with unfavorable comments from online users. As long as P2 does not experience any oddities, a post that has been shared on social media often has an ambiguous lifespan and is not archived.

"When uploading, the feeling is typically uncertain and uneasy because the content may be excellent or not. So, before I post a photo, I normally ask my family and friends if it's okay and whether the content has been uploaded. (W1.P2.24november22.051)

"I don't think the face is weird, but if I'm alone, it's quite long, so it won't be archived." (W1.P2.24november22.053)

Actually, I've never encountered that, but how do you handle it? "Yes, it can be turned into a lesson, or for tomorrow, if you want to post something, you have to think about everything like that," you say. "There will undoubtedly be people who like it and some who don't." (W1.P2.24november22.055)

Participant 3 (P3) perceived himself as being afraid and self-conscious when using social media because no one liked the posts he shared. In contrast, P3 opted to conceal the number of likes when they were high out of concern for what his friends would say. Therefore, shared posts don't remain online for very long. They prefer to ignore the unfavorable feedback from P3 internet users. P3 shares content on social media with the intention of boosting its own self-assurance.

"Yes, yes, occasionally if you say it's a joke, what if you don't like it very much? I occasionally hide the likes if there aren't many comments. It happens rather frequently, sis, especially on Tiktok" (W1.P3.25nov22.048).

"Yes, only one month." (W1.P3.25nov22.060)

"I feel as though I just let it go; the more I comment, the sexier they are and the more I appreciate them. So, right sis, if I let you drown yourself. (W1.P3.25nov22.074)

"As for me, sis, that worries me more. As an illustration, many people agree that doing it that way boosts your confidence. (W1.P3.25nov22.114).

4.3. Self-Existence: Self-Esteem

Participant 1 (P1) perceived himself as not being overly bothered with negative remarks when using social media, but P1 would take further steps if the comments were repeated.

"I let it, for example, if they repeat it again, and I chat with him." (W1.P1.7NOV22.197)

When uploading content to social media.

Participant 2 (P2) has certain requirements, such as not wanting to appear obese or strange. When someone makes a negative comment on his post, P2 will then query this.

"For uploaded posts, it's just not weird, it doesn't look fat, it's just that like a girl in general," the author said. (W1.P2.24november22.057)

"I've never been, but if he rates a post poorly, why does he rate it that way?" (W1.P2.24november22.065)

Participant 3 (P3) acknowledged that in order to make social media posts look flawless, P3 has various standards, including whether the lighting is appropriate and whether the items nearby are organized.

There is space, for instance, in front of the lighting, which needs to be exactly correct and arranged slightly for some objects. (W1.P3.25nov22.068)

4.4. Self-Existence: He Must Quickly become Aware of the Significance of The Role He is Playing.

Participant 1 (P1) acknowledged that he belonged to the Z gene's millennial generation and had expectations to keep up with technology advancements, including some of the tiktok trends that were currently popular, such that if they didn't follow the trends they were regarded out of date.

"Gen Z belongs to the millennial generation, so what's the point of the name? As a result, we also need to keep up with technology; for instance, if we ignore trends, we will fall behind. If I do." (W1.P1.7NOV22.217)

P2 (participant 2) acknowledged having upload hours during which he would publish posts on social media. This is done to elicit a lot of interaction from internet users, and after receiving a lot of likes, P2 is pleased with this success. P2 adheres to its own criteria for posting, which are self-aware and more sophisticated in terms of content creation in order for posts to generate a favorable reaction from internet users.

"In the past, for instance, I frequently enjoyed checking the time when I intended to upload. People are ogling their cellphones about this time. (W1.P2.24november22.067)

Because there are numerous likes, "what is certain is happiness and satisfaction." (W1.P2.24november22.071)

"I'm more self-aware and mature, and I like sharing things that aren't important. I don't think everyone will agree with what we share, but that's better," the speaker said. (W1.P2.24november22.077)

Participant 3 (P3) recognized how his surroundings influenced his ability to produce material. This was especially apparent when P3 noticed that friends or other tiktokers were posting the newest trends, making it more and more difficult for P3 to submit them right away. I occasionally pause to consider the quality of the content before posting P3. If so, P3 will upload as soon as the craze takes off.

"My consideration, sis, as long as it's not too long, when it keeps going up and up." (W1.P3.25nov22.110)

"Sometimes I think about it, and I wonder if it was good or not." (W1.A7.25nov22.119)

"Usually when I see a Tiktoker like that, sis, I think, "Oh, I have to make something too. Sometimes I don't want to miss it when I see pals after posting. (W1.A7.25nov22.120)The younger generation is using social media more and more and integrating it into their daily life. People appear to compete to prove their existence in cyberspace. The emphasis that not following the trend is regarded out of date starts to affect daily activities without the person realizing it. The Fear of Missing Out (FOMO) is a term that describes

this behavior. FOMO pushes people to continually be active on social media by submitting self-posts to following booming trends to exhibit self-existence, according to research done on new students at Malang State University.

People will go through three stages as they use social media to stay in touch with others. Each person has a self-existence during the first phase, which serves as the foundation for everyone using social media to keep up with trends. This phase occurs before uploading anything. People will engage in prolonged social media use during this phase, even during class. People follow trends because they want to be seen as hip. Self-awareness is the foundation for all human endeavors and emotions. Even if they are aware of what they are doing, they continue.

The second stage is the posting period, during which people start posting more frequently and starting producing material. If someone receives a lot of likes, they will be thrilled, and some people are even ready to wait hours for social media to become less crowded before posting something. In order to avoid receiving a bad response from internet users, people must adhere to certain criteria when publishing content, such as paying attention to appearance and questioning posts. People will still consider their self-esteem even though they want to share right now.

The third phase follows the uploading of content. People will be hopeful that other trends will inspire them to produce content again. The environment plays a part in this process; for instance, if a specific netizen receives criticism, some ignorant people may decide to archive their content so that their account only contains information that actually demonstrates their presence.

The field of youth culture and the advancement of information technology can benefit from this research. Research on freshmen's self-existence on the Fear of Missing Out (FOMO) phenomenon on social media in the academic world illustrates a propensity for the traits of young people who don't want to be left behind by trends. As a result of the extensive use of social media for information consumption, the findings of this study can be used to create a database that offers detailed information about the dynamics and traits of self-existence. This study also helps us comprehend the younger generation's preferences for the meaning of life, which are inextricably linked to how they express their identities on social media.

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consented to serve as our study subjects. Readers should find this research interesting, and researchers should benefit from it.

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